# Cellulite

Cellulite develops when fat cells swell to between 60 and 100 times their size. These disturbing pockets of fat primarily occur in the subcutaneous skin of buttocks, hips, thighs and occasionally also upper arms, knees and belly. Fat stored inside the cells should be transformed into energy as needed. There is usually a healthy balance between fat storage and fat burning, but fat metabolism is subject to fluctuations in glucose and fatty acid levels.

Disorders of fat metabolism are remedied by a double strategy comprising external and internal treatment. Activation of fat burning, the most important step, is achieved with the help of special phytosubstances. A particularly active mix in the form of a cream is massaged directly into the skin in the morning. This supports the regeneration of connective tissue, leaving the skin smooth and supple. A dehydrating effect is also desirable; the draining of water accumulation in tissue accelerates fat mass reduction. The reduced volume of fat tissue also creates a renewed sense of wellbeing.

Certain amino acids with anti-glucose properties prevent the renewed transformation of glucose into fat reserves. They are particularly beneficial during the daytime. Other substances are more effective in the evening. Modern preparations take all chronobiological preconditions into consideration to obtain smooth and supple skin.